

Brookfield Parks & Recreation presents...

The 17th Annual Brookfield Family Chiropractic 5K Halloween Run



Date: Sunday, October 26

Time: 5 K Race begins at 10:00 a.m.

Race Day Registration 8:30 to 9:30 a.m.

Place: Brookfield Municipal Center,
100 Pocono Road

Pre-registration fee: \$20.00

Race Day Registration: \$25.00

Walkers welcome! Race features long-sleeve T's to first 350 registered, prizes to top runners in eight age groups, water station, splits at mile marks, prizes for best costumes, and excellent post race refreshments. USATF certified
#CT06013JHP.

Associate Sponsors:

Brookfield Cleaners

Brookfield Pet Sitting

Dr. Claire A. Free, M.D., LLC

Iovino Brothers Screenprinting and Promotion

New Balance Bethel

Poland Spring

The Brookfield Journal

13th Annual Kids K Fun Run



Date: Sunday, October 26

Time: Kids K begins at 9:30 a.m.

Place: Brookfield Municipal Center,
100 Pocono Road

Pre-registration Fee: \$10.00

(Includes prize and t-shirt)

No Race Day Registrations for KIDS K!

Kids K Age Groups: 5 and Under, 6 - 8, 9 - 12

**Please visit our website to download a
registration form.**

Special Events

"The Fall Classic"

Brookfield's Bocce Ball Tournament Saturday, September 27

2:45 p.m. start – meet in front of Town Hall

Come on out for the first annual Bocce Ball Tournament on the grounds of the Town Hall. Open to Brookfield residents age 21 and over, at just \$10 per person this afternoon is sure to be filled with fun, camaraderie, laughs and of course bragging rights! Tournament will include game play on the lawn areas with quarter finals and finals on the official bocce court. Come as a single and be paired up or come with a partner. BYOB - Bring Your Own Bocce Balls. Limited equipment may be available (loaned) through the Parks and Recreation Department. This event also includes a cookout with all the fixin's and some fun prizes. If you are interested in volunteering for this event, please call Tom Walker at 740-0261. Register by September 23rd at the Parks & Recreation Office in Town Hall or over the phone when paying by VISA, MC, or AMEX. We are asking for all participants to bring a canned good for the food pantry. In case of inclement weather, this event will be held on Saturday, October 4.

The MannKind Corporation Second Annual Candlewood Lake Canoe & Kayak Race To Benefit the Still River

**Brookfield Town Park, Brookfield CT
Saturday, October 4 2008**

7:30 - 9:30 a.m. – Check-In

9:45 am – Opening Ceremony

10:00 am – Canoe Races

11:30 am – Kayak Races

2:00 pm – Race Results

All participants must register by September 27, 2008.

Registration fee for the first 100 registered includes: race T-shirt and raffle ticket. Registration fees before 9/27/08: Under age 15 \$15 per person, age 15 and over \$25 per person. After 9/27/08 fees are \$45 per person regardless of age. Proceeds will benefit environmental stewardship work on the Still River. For complete information download a registration form from our website or call Parks & Rec. at 775-7310 and we will fax or email you a copy.

Annual Scarecrow Decorating Day



If you've ever seen people driving around Town with scarecrows sticking out of their trunks, they were probably on their way home from this popular event! Join us on Saturday, October 4 at 2:00 p.m. in front of the Brookfield Town Hall, 100 Pocono Road.

Please bring along old clothes (shirt and pants), string, scissors, a brown bag or sack for the head and whatever accessories you would like to decorate with. We'll supply the directions, hay, and stakes. And best of all, it's free! Don't forget to pre-register with the Parks & Rec. Office by calling 775-7310 if you are planning on attending. The rain date for this event is Sunday, 10/5.

Special Events, continued



Haunted House Workshop

Children age 3 – kindergarten and in grades 1 - 4 will decorate their own haunted houses using frosting, candy, and more. Wear a smock or old clothes, and be prepared for a

finger-licking good time! Please bring an empty, rinsed ½ gallon cardboard milk or juice container with you.

Instructor: Cathy Westervelt

Day: Saturday

Date: 10/25

Place: TBA

Fee: \$15.00

Time: Tots: 12:30 - 1:30 p.m.

Grades 1-4: 1:45 - 2:45 p.m.

9th Annual Trick or Treat at Town Hall

Parents and children (infants through grade 1) are invited to “trick or treat” at Town Hall this year. Older siblings are also welcome. Office doors will be decorated, and we will be passing out lots of candy! Please be sure to dress in costume and to bring your own candy bag to hold all of your treasures. There is no charge for this event. However, we are asking that each child bring either a non-perishable, “kid-friendly” food item such as peanut butter, jelly, macaroni & cheese or canned spaghetti or ravioli for the food pantry or a monetary donation for the Brookfield Emergency Fund. The Emergency Fund is a non-tax dollar supported fund, which aids Brookfield families in crisis. The collection box for any items will be at the Social Services Office, which is located directly in front of the main doors of Town Hall. **We are still waiting for confirmation for the date of this event.** Please watch for flyers through the schools and preschools or call our office at 775-7310 in mid-October for updated information.

Thanksgiving Turkey Workshop

Children ages 3 – kindergarten and in grades 1 - 4 will create a turkey centerpiece for their table. Please wear a smock or old clothes.

Day: Saturday

Date: 11/22

Place: TBA

Fee: \$15.00

Time: Tots: 12:30 - 1:30 p.m.

Grades 1-4: 2:00 - 3:15 p.m.

Instructors: Cathy Westervelt and Pam Zavarelli



Christmas Ornaments Workshop

Children in grades 1 - 4 and 5 - 8 will make a variety of Christmas ornaments.

Day: Saturday

Date: 12/20

Place: TBA

Fee: \$15.00

Time: Grades 1- 4: 2:00 - 3:15 p.m.

Grades 5 - 8: 3:30 - 4:45 p.m.

Instructor: Cathy Westervelt

Tots Holiday Workshop

Children ages 3 - 5 will create a holiday masterpiece using a variety of materials. Parents are encouraged to stay.

Day: Saturday

Date: 12/20

Time: 12:30 - 1:30 p.m. Place: TBA

Fee: \$15.00

Instructor: Cathy Westervelt

Special Events, continued



Letters to Santa

Receive a genuine letter from Santa Claus himself! Drop your child's personal letter in the North Pole Mailbox in the Parks & Recreation Office, or mail it to Santa, Attn:

Parks & Recreation Department at P.O. Box 5106. Your child's letter must include a self addressed stamped envelope. Santa himself will mail a personalized letter back in time for Christmas. In order for a timely response, letters will be accepted December 1 – 15.



Magic Workshops

Calling all future Harry Houdini's and David Copperfield's! Students ages 5- 12 will learn five magic tricks from a full-time professional magician, and will receive their own magic kits containing the props necessary to

perform them at home. All new magicians will also receive their own magic wand, as well as a certificate of completion. Each workshop includes different magic tricks, so students may enroll in all three.

Instructor: Tom O'Brien Fee: \$15.00 each

Abracadabra - Magic Workshop 1:

Thursday 10/2, 3:50 – 4:50 p.m. HHES Music Rm.

Hocus Pocus – Magic Workshop 2:

Thursday 10/23, 3:50 – 4:50 p.m., HHES Music Rm.

Presto – Magic Workshop 3:

Thursday, 11/13, 3:50 – 4:50 p.m. HHES Music Rm.

6th Annual Bock and Blu Holiday Concert Friday, December 12 in the BHS Auditorium



Join Bock and Blu and special guests at this concert sure to get you into the Christmas spirit. All profits benefit the Music Department of the Brookfield Public Schools. A representative from Operation E.L.F. will be on hand to collect new unwrapped toys. Watch for more information being sent through the schools in November.

Deck the Halls ...



You won't believe what you can create in one afternoon! Welcome the holidays by creating one, two, or three festive decorations for your home, including a boxwood tree for a table, a floral

centerpiece arrangement, and/or a live green wreath to adorn your door. Instructors will demonstrate and work with you as you complete the projects of your choice, no previous experience is necessary. All materials for projects are included. Please bring along gardening gloves and cutting shears. Specify which project(s) you'd like to make when registering and plan to arrive at 12:00 p.m. ready to have some fun. Each project will take approximately 1.25 – 1.5 hours to complete.

Day: Saturday Time: 12:00 - 4:00 p.m.

Date: 11/29 Place: Senior Center, 555B Federal Rd

Fee: \$30 one project; \$55 two projects, \$75.00 three projects

Instructors: Brookfield Garden Club

Get Out of Town

Jersey Boys

This musical has soared to the top of the charts with critics and audiences alike, winning the award for Best Musical at the 2006 Tonys! The story takes you behind the music of Frankie Valli & The Four Seasons, following the rags-to-rock-to-riches tale of four blue-collar kids working their way from the streets of Newark to the heights of stardom and features such hits as "Sherry," "Big Girls Don't Cry," "Can't Take My Eyes Off You," "Oh, What a Night" and more. We'll be leaving Brookfield Town Hall at 10:00 a.m. and you will have plenty of time for lunch on your own before the 3:00 p.m. matinee show. Leave NYC at approximately 6:00 p.m. Seats are in the rear mezzanine. Please note that refunds will only be given if we can find someone to take your place.

Day: Sunday Date: 9/28
Time: 10:00 a.m. departure Fee: \$144.00

New ~ Haunted Happenings - Salem MA

Visit the attractions that make Salem the "Halloween Capital of the World." This annual Halloween festival features haunted houses, parades, physic fairs, tours of Salem's historic sights, shopping and restaurants galore. Leave from Brookfield Town Hall at 7:00 a.m. Leave Salem at 5:00 p.m. Fee of \$87.00 includes coach bus transportation, entrance into the House of the Seven Gables and Salem Witch Museum, as well as leisure time for lunch, and to enjoy Salem on your own.

Day: Sunday Date: 10/19
Time: 7:00 a.m. departure Fee: \$87.00



Macy's Thanksgiving Day Parade

Join us on our twelfth annual *pilgrimage*, enjoying all of the fun with none of the hassle! Leave from Town Hall at 6:30 a.m., travel by coach bus to

witness this NYC tradition, and still be home by approximately 1:30 p.m. to watch football and eat dinner. Register before all the seats are *gobbled* up!

Day: Thursday Date: 11/27
Time: 6:30 a.m. Fee: \$36.00

Radio City Christmas Spectacular

Don't let the price fool you, we were able to purchase discounted orchestra tickets and pass the savings on to you. We'll be leaving from Brookfield Town Hall at 8:15 a.m. for an 11:00 a.m. matinee performance. There will be plenty of time after the show for shopping, sightseeing, and lunch/dinner, leaving NYC at 5:00 p.m. Fee includes ticket, complimentary soda or water and popcorn at Radio City, and coach bus transportation/driver gratuity. Please register early to avoid disappointment.

Day: Monday Date: 12/1
Time: 8:15 a.m. Fee: \$85.00

Get Out of Town, continued

New ~ Christmas in Newport

Newport is a great place to visit any time of year, but especially during Christmas time! We'll be leaving from Brookfield Town Hall at 7:00 a.m. Once in Newport you will enjoy a guided tour of the Breakers Mansion (decked out for the holidays), a 90-minute guided tour of 10-Mile Ocean Drive and a tour of the Marble House Mansion in its holiday splendor. And you'll also have plenty of leisure time for lunch and shopping, departing for home at 6:00 p.m. Fee includes deluxe coach bus transportation, admission into Breakers and Marble House Mansions, and tour guide.

Day: Sunday Date: 12/14
Time: 7:00 a.m. departure Fee: \$75.00

Outdoor Adventure Sports



Beginning Caving

Tory's Cave offers a close look at the unique environment of a limestone cave. Professional guided entry into CT's only

accessible marble solution cave ensures safety as well as educational and recreational value. This program is an excellent beginner and family experience lasting two hours. Helmets are provided. You must bring your own flashlight. Fee is \$35.00 per person, per day. Minimum age of 8 required in order to participate.

Family Adventure – (Ages 8+) - 10:00 a.m. – 12:00 p.m.

Caving for Adults – 12:30 – 2:30 p.m.

Session 1: Sunday, October 12

Session 2: Saturday, October 18



Beginning Rock Climbing

This is a beginner-oriented program located at an outstanding natural climbing area. You'll be climbing real rocks, with professional facilitation

and equipment provided. Our beginner location features easy to challenging routes, ranging in height from 15 to 30 feet.

Students ages 10 and up, joined by adults, have the opportunity to participate as part of the Family Adventure, giving them an opportunity to climb, as well as learn the belay skills necessary to keep climbers safe while on the rocks.

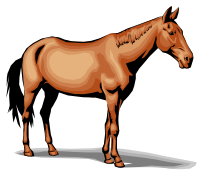
Meet at St. John's Ledges in Kent. Fee is \$60.00 per person.

Climbing for Adults/Families – 10:00 a.m. – 2:00 p.m.

Session 1: Saturday, October 11 (age 10 and over)

Additional dates and programs may be available. For more detailed descriptions of the rock climbing and caving programs, please contact Small World Adventures at 860 350-6752 or swaintl@aol.com, or visit their website at www.smallworldadventures.org

Outdoor Adventure Sports, continued



Horseback Riding Lessons

This 6-week course offers basic horse care, grooming, tacking up, and riding skills from beginner to advanced. In case of inclement weather, lessons will be held in an indoor ring. Register with the Parks & Recreation

Office, and Brushy Hill Farm will contact you directly to set up a mutually convenient lesson time. Lessons begin the week of September 30 (or at your convenience) and will last for six weeks, one hour each week. Brushy Hill Farm is located in Southbury, just 13 minutes from the flagpole in Newtown. Directions are available at the Parks & Recreation Office. Long pants and shoes with heel are recommended. Hard hats will be provided. Fee: \$295.00

Adult Education - Computers

W.E.R.A.C.E. - Western Connecticut Regional Adult and Continuing Education Danbury Community Resource Center 797-4731 Mandated Programs

*Classes in Basic Reading, Basic Math, and Basic Writing;
English for Speakers of Other Languages (ESL), Citizenship,
GED (General Educational Development), and CDP (Adult
High School Credit Diploma Program)*

Microsoft Word 2000 Level 1

Learn the basic skills needed to use this program. Copy, Cut, Paste, Save, Insert, Tables, and more will be covered.

Day: Monday Time: 6:30 – 8:00 p.m.

Dates: 9/29 – 10/6 (2 wks) Fee: \$65.00

Place: Computertalk, 475 Federal Road, Unit B



Microsoft Word 2000 Level 2

Learn how to prepare more complex documents. We will create a newsletter and in the process learn how to create headers and footers, import graphics and pre created text, create and format tables and more. A working

knowledge of MS Word is required. Course manual and disk provided.

Day: Monday Time: 6:30 – 8:00 p.m.

Dates: 10/13 – 10/27 (3 wks) Fee: \$135.00

Place: Computertalk, 475 Federal Road, Unit B

Microsoft Excel 2000– Level 1

This class is designed for individuals who have little or no experience in using a spreadsheet. Class will teach use of simple formulas, charting, fill commands, nomenclature and more.

Day: Tuesday Time: 6:30 – 8:00 p.m.

Dates: 9/30 – 10/7 (2 wks) Fee: \$65.00

Place: Computertalk, 475 Federal Road, Unit B

Adult Education – Computers, cont.

Microsoft Excel 2000 – Level 2

Working with a fictitious company, students will learn how to work with databases and lists, use logical, financial and date functions, format worksheets, insert, move and modify objects, link worksheets with 3-D references, use excel on the web, and use and customize templates. A course manual and disk are included.

Day: Tuesday

Time: 6:30 – 8:00 p.m.

Dates: 10/14 – 10/28 (3 wks) Fee: \$135.00

Place: Computertalk, 475 Federal Road, Unit B



Microsoft Excel 2000 – Level 3

Participants will master the following skills in this course: working with records and ranges; sorting, outlining and filtering lists; importing and exporting data; using pivot tables and pivot charts; using data analysis tools; protecting and

sharing workbooks; managing workbooks with comments; data validation; and merging/linking workbooks. A course manual and disk are included.

Day: Tuesday

Time: 6:30 – 8:00 p.m.

Dates: 11/4 – 11/18 (3 wks) Fee: \$135.00

Place: Computertalk, 475 Federal Road, Unit B

Microsoft Access 2000 – Level 1

This course will center on learning the basic features of Access. We will create a database complete with tables, forms, queries, and reports. We will also use features such as wizards and design view to help us create different database objects. Course manual and disk provided.

Day: Thursday

Time: 6:30 – 8:00 p.m.

Dates: 10/2 – 10/16 (3 wks) Fee: \$135.00

Place: Computer Talk, 475 Federal Road, Unit B



Microsoft Access 2000– Level 2

For those who want to learn to create more complicated databases, the following topics will be covered: modifying tables in design view,

using multiple data types, using the office clipboard, binding data and controls, creating multiple table queries, creating calculated fields, adding controls to forms and reports, creating web documents, using hyperlinks, backing up a database, printing database objects. Course manual and disk provided.

Day: Thursday

Time: 6:30 – 8:00 p.m.

Dates: 10/23 – 11/6 (3 wks) Fee: \$135.00

Place: Computer Talk, 475 Federal Road, Unit B

Microsoft PowerPoint 2000 Level 1

The objective of this course is to teach you how to create a professionally designed presentation. You will learn a variety of skills that include the following: Use of the auto Content Wizard, creating a presentation from scratch, working in normal, slide sorter, and outline view, inserting specific slide types, modifying the sequence of slides, promoting and demoting text, adding speaker notes, formatting text, using master slides, using headers and footers, using bullets and more. Course manual and disk provided.

Day: Wednesday

Time: 6:30 – 8:00 p.m.

Dates: 10/1 – 10/15 (3 wks) Fee: \$135.00

Place: Computer Talk, 475 Federal Road, Unit B

Selling on eBay

Tired of the clutter in your home? Want an easy solution to cleaning the attic without the hassles of a tag sale? Have collectibles you want to part with for cash? Perhaps you have always been curious about selling on eBay but not quite sure how to go about it? This class may be for you. This introductory course will examine the basic aspects of selling on eBay. Throughout this course you will learn how to set up an eBay account, search for related items, list your items competitively, add pictures to a listing, manage your account, answer buyer questions, ship from home using USPS, and much more. Also covered are safety tips concerning how to keep your online account safe. This course is open to adults age 18 and over with some internet experience.

Day: Tuesday Time: 6:15 – 7:30 p.m.
 Dates: 10/21 – 11/4 (3 wks) Fee: \$49.00
 Place: BHS Room 240 Instructor: Anne Joyce

New~ Photoshop Club

Do you have pictures, artwork or business materials that you know can be improved with Photoshop, **but you just can't seem to make it happen with your current Photoshop skills?** Would you like to learn the basics of RAW processing? Then bring your laptop with your JPEG or RAW files and let's talk about them. The goal of this class will be to discuss, evaluate, get a direction, and then improve your work. We'll do this in a very informal way via group and one-on-one consultation. There will be no set curriculum. The aim is to fill in the gaps in your Photoshop skills, get to know people with similar interests and to have fun. If you don't have a laptop, the school PC's with Adobe Photoshop Elements 2 will be available. The suggested textbook is Photoshop – The Missing Manual for the version of Photoshop Elements on your computer.

Day: Thursday Time: 7:00 - 9:00 p.m.
 Dates: 11/6 – 11/20 (3 wks) Place: BHS Room 240
 Instructor: MaryAnn Kulla Fee: \$49.00



Organize Your Home

If you want to live a calmer, more organized life, now is the time to learn how! During this two-hour class The Joyful Organizer will give you the tools necessary to create organizational systems that meet your family's needs and daily habits. Areas to be discussed include: closets,

living spaces, kitchens and kid's rooms. Participants are encouraged to come with questions and even photos of their own organizational challenges.

Day: Wednesday Time: 7:00 – 9:00 p.m.
 Date: 10/15 Fee: \$25.00
 Instructor: Bonnie Joy Dewkett, The Joyful Organizer
 Place: Town Hall Meeting Room 209



Beginners Bridge

Learn to value hands, bid hands, and play hands. Simple conventions will be taught. Class limited to 12 people.

Day: Tuesday Time: 6:30 – 8:30 p.m.
 Dates: 9/23 – 10/28 (6 wks) Instructor: Irv Agard
 Place: Brookfield Senior Center, 555B Federal Road
 Fee: \$59.00



Color Me Beautiful

Have you ever wondered what colors look best on you? In this workshop you'll be introduced to the Color Me Beautiful program. It provides women with the benefits of a personalized color

identification of your natural coloring that can be coordinated with a seasonal palette. The seasonal palette will help you choose clothing colors that are best for you. And when you are wearing your best colors, you will feel younger, thinner, prettier and more self-confident.

Day: Tuesday Time: 6:30 – 8:30 p.m.
 Date: 9/30 (1 wk) Fee: \$20.00
 Place: Town Hall Mtng. Rm. Instructor: Pat Rayner

New ~ Not Tonight Deer

Are you worried that your landscaping will yet again be devastated by those magnificent hungry four-legged herbivores that love peace and quiet, and delicious vegetation? Or maybe you're tired of replacing mangled shrubs and trees each spring once you see what's left after a winter of continual munching. Come join us to learn the strategies that individually or combined can be effective in preventing these outcomes. You will find out why some things work and some things don't.

Day: Tuesday Time: 6:30 – 8:30 p.m.
 Date: 10/7 **OR** 11/4 (1 wk) Fee: \$20.00/night
 Place: Town Hall Rm.133 Instructor: Lorraine Ballatto

New ~ How to Meditate

We live in a fast paced world. Our lives are filled with pressure and stress and our mental attitude and emotional experience reflects this fact. But inside you there is an ocean of peace and happiness and a well of strength that never runs dry. Meditation will quiet your restless mind and settle your nagging emotions. Meditation is not something foreign or separate from you. When properly understood, meditation is actually your natural, free state of being. In this series of classes you will learn to meditate effectively using a time-honored approach to meditation that has been practiced for centuries. You will learn techniques for making your mind quiet so that you can experience the thought free state of meditation and the benefits that accrue naturally. Participants should dress comfortably for sitting in a chair or cross-legged on the floor.

Day: Monday Time: 7:00 – 8:00 p.m.
 Dates: 10/20 – 11/10 (4 wks) Fee: \$60.00
 Place: Brookfield Senior Center, 555B Federal Road
 Instructors: Anugraha Bakshi and Lakshmi Satya Devi

New ~ Real Food

What is real food and what isn't? Isn't a whole food more than the sum of its components? Creative marketing and advertising can make it difficult to decipher claims and labels. Also, we tend to classify foods as good for you or bad for you. In reality, the quality of what we eat is what matters most. How do we decide what to put into our shopping cart? Do you have to choose nutrition over taste, or can you have both? Join us as we navigate the mega food industry and learn what nutrition labels and ingredient lists tell us about the food we buy and consume. Become a savvy food consumer and learn how to exercise your purchasing power and vote with your food. Genetically modified foods, organic foods and fair trade products will also be covered. *HANDOUTS AND SAMPLING* will reinforce what we have discussed. Hillary Stern is a Food Counselor and Educator, trained at the Natural Gourmet Cookery School in New York City, who loves eating for health and enjoyment. She specializes in healthy eating made simple and helps individuals and families learn how to pick, plan and prepare delicious foods for a healthier life.

Day: Tuesday Time: 7:00 - 8:45 p.m.
Date: 10/21 (1 wk) Fee: \$25.00*
Place: Town Hall Room 119 Instructor: Hillary Stern
***Register for Real Food and 25 Power Foods and receive \$5.00 off.**

New ~ 25 Power Foods to Help You Eat to Win!

We all want to have a strong and healthy body. Learn how the right foods can help your body resist aging, fight heart disease and cancer, support a strong immune system and provide plenty of energy to get you through your busy day. The foods you choose to eat tell your body how healthy you want to be. Join us as we learn about 25 power foods that are vital to your health. Discover how these power foods can fortify your body, as well as quick and easy ways to make them part of your daily diet. *SAMPLING* and *RECIPE HANDOUTS* during class will reinforce how you and your family can eat to win!

Day: Wednesday Time: 7:00 - 8:45 p.m.
Date: 10/29(1 wk) Fee: \$25.00*
Place: Town Hall Room 119 Instructor: Hillary Stern
***Register for Real Food and 25 Power Foods and receive \$5.00 off.**

The Truth about Diet and Exercise

Want to lose ten pounds in ten weeks the right way? Join us for a series of educational classes that takes a good look at your daily habits. Learn about foods, nutritional labeling, low fat cooking, behavior modification and exercise. All of these strategies are designed for you on an individual basis. Work with a Registered Dietitian to complete your goals. Classes generally last one hour. Lose 10 pounds in ten weeks if you do your homework.

Day: Thursday Time: 7:15 - 8:15 p.m.
Dates: 10/2 - 12/11 (10 wks) - no class 11/27
Instructor: Denise Turnbull RD, CDN
Place: [The Body Shop Fitness Club](#)
Fee: \$120.00

Community First Aid & Safety



Instruction in Adult, Infant, and Child CPR and basic first aid in this 3-night course. Certification in Red Cross CPR and First Aid upon successful completion of course and tests. Fee includes cost of skill cards.

Day: Tuesday Fee: \$90.00
Dates: 10/28, 11/4, 11/18 (3 wks) Place: Town Hall
Time: 6:30 - 9:30 p.m.
Instructor: Susan Jowdy

Adult CPR Recertification

Recertification for people whose certification in Adult CPR is expiring. There will be a review offered, as the Red Cross guidelines have changed.

Day: Tuesday Time: 7:00 - 9:30 p.m.
Date: 10/7 Fee: \$34.00
Place: Town Hall Instructor: Susan Jowdy

Infant & Child CPR Recertification

Recertification for people whose certification in Infant and Child CPR is expiring. There will be a review offered, as the Red Cross guidelines have changed.

Day: Tuesday Time: 7:00 - 9:30 p.m.
Date: 10/14 Fee: \$34.00
Place: Town Hall Instructor: Susan Jowdy

Decorative Arts

Floral Design for Beginners

Holiday time is coming so why not try your hand at making your own fresh flower arrangements and centerpieces? Learn a new skill with the help of a professional floral designer and be ready to show off your hidden talents to your friends and family. Additional materials fee of \$25.00 must be paid to the instructor each week to cover the cost of flowers. No experience is necessary. Please bring floral snips.

Day: Monday/Wednesday Time: 7:00 - 9:00 p.m.
Dates: 9/29, 10/6, 10/15, 10/20 Fee: \$64.00
Place: Town Hall Room 119
Instructor: Shannon Schnuerer

Floral Design - Intermediate

Take what you already know and step it up a notch with the help of an experienced floral designer. Make larger and more interesting arrangements using unique containers and fresh flowers. Watch your creativity and knowledge grow giving you beautiful arrangements to take home each week. Additional materials fee of \$25.00 must be paid to the instructor each week. Please bring floral snips. Pre-requisite "Floral Design for Beginners" or floral experience.

Day: Monday Time: 7:00 - 9:00 p.m.
Date: 10/27 - 11/17(4 wks) Fee: \$64.00
Instructor: Shannon Schnuerer
Place: Town Hall Room 119

Thanksgiving Floral Centerpieces

Create a dazzling centerpiece to grace your table or as a gift for your host or hostess. This class is instructed by a professional floral designer. Additional materials fee of \$25 must be paid to the instructor at class. Please bring hand clippers or a sharp knife to cut the flowers. No experience is necessary!

Day: Thursday Time: 7:00 – 9:00 p.m.
 Date: 11/20 Place: Town Hall Room 119
 Fee: \$20.00 Instructor: Shannon Schnuerer

New ~ Beginning Portraiture

Learn to use a grid to duplicate a photographic image to complete a beautiful portrait of your chosen subject. Basic dimensions and proportions of the head and neck will be discussed, as will the rendering of shapes through shading. Pencil on drawing paper is recommended, but if you are familiar with a different medium, please feel free to bring it and the appropriate surface. Participants will finish at least one portrait over the course of six weeks, right in time for the holidays! Participants will need to supply their own materials, please ask for the list when registering.

Day: Tuesday and Thursday Time: 7:00 – 9:00 p.m.
 Dates: 10/14 – 12/4 (6 wks) – no class 11/4, 11/27
 Place: Senior Center, 555B Federal Rd
 Instructor: Stephanie Gerber Fee: \$149.00

Watercolor for Adults

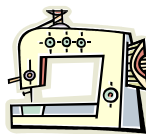
Whether you are an artist just starting out or someone who has painted for a while, you will find this workshop fun, educational and inspiring. You will learn how to see colors in nature you have never seen before through the color wheel, and touch upon the importance of good drawing techniques as the bones of your painting. You will learn a wide variety of watercolor techniques while painting your own landscape by the end of the class, including values, learning first to see them in black and white then in color. Please ask for a materials list when registering (approximate cost \$40).

Day: Thursday Time: 6:00 – 8:00 p.m.
 Dates: 10/16 – 11/20 (6 wks) Fee: \$59.00
 Place: TH Room 119 Instructor: Victoria Lange

Basic Sewing Construction

Maybe you have been sewing for some time, but still wonder how to do certain things like put in zippers or sleeves. Or maybe you're a beginner who would like to learn the right way from the start. Whatever your experience, you're sure to learn something in this class. From zippers and buttons, to sleeves, interfacing and pockets, the instructor will demonstrate the proper way(s) to tackle each, and guide you as you practice on your own. Participants may need to purchase some additional materials, cost not to exceed \$25.00.

Day: Thursday Dates: 10/16 – 10/30 (3 wks)
 Time: 6:00 – 8:00 p.m. Fee: \$45.00
 Place: WMS Home Ec. Room Instructor: Debbie Vizi

**Beginning Sewing**

Have you ever wanted to learn how to sew? Here's your chance in this program for students with little or no sewing background.

The first class will meet at Joanne's Fabrics in Brookfield, where the instructor will help you pick out a pattern and fabric suitable for the project that you'd like to complete. Over the next five weeks you'll be walked through the steps to complete your project, including how to read a pattern, and how to use a sewing machine. Additional materials cost will depend upon the project and fabric you select, but are estimated at \$40-100. (Be prepared to purchase at first class.)

Day: Monday Time: 6:00 – 8:00 p.m.
 Dates: 10/20 – 11/24 (6 wks) Fee: \$90.00
 Place: WMS Home Ec. Room Instructor: Karen Ryavec

Beginning Sewing II

If you have a project or two behind you, but still feel as though you could use some guidance on how to read and lay out a pattern, or with aspects of a more complex project, then this is the class for you! Over the course of six weeks you'll be walked through the steps to complete the project of your choice. You'll need to bring the materials including the pattern with you to the first class. But don't worry, our instructor will call you a week before the class begins to make sure that you don't have any questions on what you need to purchase.

Day: Tuesday Time: 6:00 – 8:00 p.m.
 Dates: 10/21 – 12/9 (6 wks) – no class 11/4, 11/11
 Instructor: Karen Ryavec Fee: \$90.00
 Place: WMS Home Ec. Room

Deck the Halls ...

You won't believe what you can create in one afternoon! Welcome the holidays by creating one, two, or three festive decorations for your home, including a boxwood tree for a table, a floral

centerpiece arrangement, and/or a live green wreath to adorn your door. Instructors will demonstrate and work with you as you complete the projects of your choice, no previous experience is necessary. All materials for projects are included. Please bring along gardening gloves and cutting shears. Specify which project(s) you'd like to make when registering and plan to arrive at 12:00 p.m. ready to have some fun. Each project will take approximately 1.25 – 1.5 hours to complete.

Day: Saturday Time: 12:00 - 4:00 p.m.
 Date: 11/29 Place: Senior Center, 555B Federal Rd
 Fee: \$30 one project; \$55 two projects, \$75.00 three projects
 Instructors: Brookfield Garden Club

Adult Fitness



Train for a 5K

Are you interested in running a 5K (3 miles) road race? Are you a walker who would like to try running? Are you a runner interested in improving your times? Are you interested in running a 10K, half-marathon or a marathon?

Come join Cassie Dunn in a group setting for a series of training runs and short lectures. (Come dressed to run and bring a water bottle) You will learn how to design a training program based on your level of fitness, whether you are a walker or a runner. Each participant will be evaluated and given a training program to follow on their own until the next week's meeting. This program will meet for six weeks, culminating in the Brookfield Halloween Run on 10/26/08. (Registration for the 5K is included in the fee.) All fitness levels are welcome! Come run with us! Cassie Dunn, a former cross-country and track coach, lives in Brookfield. She is a certified personal trainer, spinning instructor and Pilates and group fitness instructor.

Day: Saturday Time: 10:00 – 11:00 a.m.
Dates: 9/20 – 10/25 (6 wks) Fee: \$67.00
Instructor: Cassie Dunn Place: BHS Track
(If inclement weather, meet at NO LIMIT Health and Fitness, 1120 Federal Road, Brookfield, CT 775-8548)

Watch for details in the winter brochure on a new program, "Train for a Triathlon"!

New ~ Indoor Group Cycling

Come SPIN your way to fitness! You've heard about it, now come and try it! This high-energy workout lets you train at YOUR fitness level in a group situation. In a darkened room, with a top-notch instructor and great music – you will have FUN while getting into the shape of you life! Regardless of your age, fitness level or experience – you will LOVE this! BABYSITTING AVAILABLE through No Limit Health and Fitness, please call 775-8548 for more information.

Session 1: Saturday, 8:30 – 9:30 a.m.
Dates: 9/27 – 11/1 (6 wks) Fee: \$60.00
Session 2: Wednesday, 9:15 – 10:15 a.m.
Dates: 9/24 – 10/29 (6 wks) Fee: \$60.00
Session 3: Monday, 6:00 – 7:00 p.m.
Dates: 9/22 – 10/27 (6 wks) Fee: \$60.00
Session 4: INTRO TO SPIN Sat., 8:00 – 8:30 a.m.
Dates: 9/27 – 11/1 (6 wks) Fee: \$30.00
Place: NO LIMIT Health and Fitness, 1120 Federal Rd

Zumba

If you hate typical exercise classes, this class is for you! Zumba is a "Latin-inspired" dance/fitness class. Everyone, regardless of fitness level, can participate in this high-energy class. Monica will guide you as you move to the music. You will burn fat and calories while having a great time! Come join the party!

Day: Monday Time: 9:15 – 10:15 a.m.
Session 1: 9/22 – 10/27 (6 wks) Fee: \$72.00/session
Session 2: 11/3 – 12/8 (6 wks)
Place: NO LIMIT Health and Fitness, 1120 Federal Road

Adult Fitness , continued

New ~ Basic Self Defense for Women

If YOU were attacked today, could YOU defend yourself? Our expert will demonstrate some self defense techniques that individuals can use without going through formal training. Learn multiple escapes from choke holds, arm and wrist grabs, shirt grabs, and bear hugs. In several hours you can learn some of these easy, simple, no nonsense self defense moves. Classes are limited to 12 students. Please wear sweats or other comfortable, loose clothing. Minimum age is 13. Babysitting is available, contact No Limit Fitness for details.

Day: Saturday Time: 9:00 – 10:00 a.m.
Session 1: 9/27, 10/4, 10/11, 10/18 (4 wks)
Session 2: 10/25, 11/1, 11/8, 11/15 (4 wks)
Fee: \$55.00 per session
Place: No-Limit Health & Fitness, 1120 Federal Rd

New ~ B. L. T. (Butt, Legs, and Tummy)!

This is a body sculpting class targeting the lower body's "hot spots", the glutes, inner and outer thighs and the waistline. Taught by Nicole Vitale, the class includes muscle and strength building moves, like squats and lunges, combined with effective sculpting moves that are focused and intensive. Don't worry about learning dance moves or combinations, because this class is all about form and function! Change your Body! Nicole is a nationally ranked NPC Figure Competitor and a certified Health educator with a BS in Health Education. Nicole has been personal training for 12 years and teaching group fitness for 5 years.

Day: Tuesday Time: 5:00 – 6:00 PM
Dates: 9/23 – 10/28 (6 wks) Fee: \$60.00
Instructor: Nicole Vitale
Place: NO LIMIT Health and Fitness, 1120 Federal Rd

Jump Start Your Weight Loss

Join us for this program designed to get you on track for a healthier lifestyle with exercise and nutritional counseling. After a full fitness assessment, you'll be meeting with a nutritionist once a week for six weeks, as well as a personal trainer twice a week for six weeks. But make sure that you're committed, as no make-ups will be given. (And you know how the trainer will make the next workout twice as hard, anyway!) Sessions will be planned according to your schedule, with The Body Shop Fitness Club contacting you to set up mutually convenient times. When registering please specify if you would like hour long personal training sessions at a cost of \$660 for six weeks, or half-hour long personal training sessions at a cost of \$440.



We are always looking for new class ideas! If you have an area of expertise that you would be willing to share with others, please download a "class proposal form" from our website. Days and times of classes are flexible, and previous teaching experience is not always necessary. Class proposals should be received by 11/3/08 to be considered for the winter program guide.

Zumba

One of the fastest growing dance based fitness crazes in the country. People of all ages fall in love with its infectious music and easy to follow dance moves. Ditch the workout and join the party for its body beautifying benefits!

Session 1: Wednesday, 9:10 - 10:10 a.m.

Dates: 10/1 – 12/31 (14 wks) Fee: \$168.00

Instructor: Charlotte Hess

Session 2: Friday, 9:10 – 10:10 a.m.

Dates: 10/3 – 1/2 (14 wks) Fee: \$168.00

Instructor: Charlotte Hess

Session 3: Monday 6:00 – 7:00 p.m.

Dates: 9/29 – 12/29 (14 wks) Fee: \$168.00

Instructor: Dolores Tirri

Session 4: Wednesday 6:35 – 7:35 p.m.

Dates: 10/1 - 12/31 (14 wks) Fee: \$168.00

Instructor: Jen Calise

Place: The Body Shop Fitness Club, 14 Delmar Drive

New ~ Body Pump

A licensed program by Les Mills. It is the fastest way to shape up and lose body fat. Body Pump is a toning and conditioning class with weights and is just about for everybody. It's perfect for both males and females who want to add strength training to their workout. Burn 600 calories per class, improve your bone density and watch your body change.

Session 1: Wednesday 9:10-10:10 a.m.

Dates: 10/1– 12/31 (14 wks) Fee: \$168.00

Instructor: Dawn Masella

Session 2: Saturday 10:30 – 11:30 a.m.

Dates: 10/4 – 1/3 (14 wks) Fee: \$168.00

Instructor: Karen Browne

Session 3: Tuesday 6:00 – 7:00 p.m.

Dates: 9/30 – 12/30 (14 wks) Fee: \$168.00

Instructor: Liz Raferty

Session 4: Sunday 10:30 – 11:30 a.m.

Dates: 10/5 – 1/4 (14 wks) Fee: \$168.00

Instructor: Liz Raferty

Place: The Body Shop Fitness Club, 14 Delmar Drive

Body Conditioning

A full body workout using hand held weights, body bars, balls and your own body weight for resistance training. Abdominal and stretch exercises included.

Session 1: Saturday 9:15 – 10:15 a.m.

Dates: 10/4 – 1/3 (14 wks) Fee: \$168.00

Instructor: Donna Pace

Session 2: Wednesday 5:30-6:30 p.m.

Dates: 10/1 – 12/31 (14 wks) Fee: \$168.00

Instructor: Donna Pace

Place: The Body Shop Fitness Club

Abs, Buns & Thighs

A below the belt body sculpting class, focusing on buttocks, inner and outer thighs, hips and abdominal. Suitable for all fitness levels.

Day: Tuesday Time: 7:00 - 8:00 p.m.

Dates: 9/30 – 12/30 (14 wks) Fee: \$168.00

Instructor: Michelle Winter

Place: The Body Shop Fitness Club



New~ Cardio Surprise

Variety is the spice. A cardio class that begins with a warm-up and continues with various cardio workouts to keep your heart healthy. This class is for all levels.

Session 1: Friday 9:10 – 10:10 a.m.

Dates: 10/3 – 1/2 (14 wks) Fee: \$168.00

Instructor: Dawn Masella

Session 2: Monday 5:00 – 6:00 p.m.

Dates: 9/29 – 12/29 (14 wks) Fee: \$168.00

Instructor: Blythe Evans

Place: The Body Shop Fitness Club

New ~ Belly Dance FIT

Get a full body workout that slims and tones through cardiovascular and strength building moves. Muscle isolation exercises tone your hips, thighs and abdominals. Beautify your body while experiencing the fun of belly dancing's charms.

Day: Thursday Time: 10:15 – 11:15 a.m.

Dates: 10/16 – 12/18 (8 wks)- no class 11/6, 11/27

Place: Positive Energy Dance for Women, 265 Federal Rd

Instructor: Kathy Henkel

Fee: \$96.00

New ~ Kick Chicks

This is a super fun, energizing knockout workout. Punch, jab and kick your way into shape. Be prepared to work your arms, legs, buns and abs. Come and sweat!

Day: Tuesday Time: 9:30 – 10:30 a.m.

Dates: 10/7 – 12/2 (8 wks)-no class 11/4

Place: Positive Energy Dance for Women, 265 Federal Rd

Instructor: Kathy Henkel

Fee: \$96.00

New ~ Salsalicious

The infectious rhythm of the hot Latin music is outdone by the unique combination of salsa, cha cha, merengue, bachata and even a little hip hop dance. Come to learn the basic dance steps for a wonderful cardio workout! This is an excellent way to swing those hips, get your heart rate up, and obtain dancers' legs and waistlines! This class is designed for women of all ages and fitness levels.

Day: Wednesday Time: 6:00 – 7:00 p.m.

Dates: 10/8 – 12/3 (8 wks)-no class 11/26

Place: Positive Energy Dance for Women, 265 Federal Rd

Instructor: Candi Muro

Fee: \$96.00

Yogalates

A hybrid of Yoga and Pilates to give you the best of both techniques. It is gentle, yet effective. The focus is on the ageless concepts of a strong center, positive alignment and mental focus.

Day: Monday Time: 7:00 – 8:00 p.m.

Dates: 9/29 – 12/29 (14 wks) Fee: \$168.00

Place: The Body Shop Fitness Club, 14 Delmar Drive

Instructor: Aimee Colber

Adult Fitness – Yoga and Pilates



Intro to Yoga with Gloria

If you've never tried yoga, or would like a refresher on the basics, this is the class for you! Kripalu Certified Yoga instructor, Gloria Owens, makes learning yoga safe, fun and

accessible in this class geared especially for beginners. Gloria teaches the fundamentals of breathing and alignment in basic yoga poses, gently guiding each student to access their inner grace, strength, balance and wisdom. The class concludes with a guided relaxation/meditation to leave you feeling restored, refreshed and ready to face the world.

Day: Monday Time: 7:30 - 9:00 p.m.

Dates: 10/6 – 12/15 (10 wks)-no class 10/13

Fee: \$ 120.00 Place: YogaSpace, 777 Federal Rd

New ~ YogaDance

This class is a little yoga, a lot of dance, and more fun than you ever thought exercise could be! Join Mary McLaughlin – theatre professional and Kripalu-certified YogaDance instructor – and infuse your weekly workout with heart-pumping, soul-filling, funkadelic joy! No dance or yoga experience necessary; YogaDance is all about freeing your own inner dancer.

Day: Thursday Time: 9:00 – 10:15 a.m.

Dates: 10/16 – 11/20 (6 wks)-no class 11/27

Fee: \$72.00 Instructor: Mary McLaughlin

Place: YogaSpace, 777 Federal Rd

New ~ Gentle/Restorative Yoga



Ease your way into yoga with a restorative practice that is perfect for those recovering from an illness or injury, and for stressed-out "Type A" personalities who want to unwind. Guided visualizations act as a tonic for the mind and gentle yoga poses using

supports (blankets, blocks, straps) help the body release tension. Natasha is a certified Integral Yoga Instructor who also led the yoga program at the award-winning Mayflower Inn. She shares her passion for teaching and her compassionate heart to each and every student! You will leave this class feeling lighter and rejuvenated with a deep sense of peace & relaxation.

Day: Thursday Time: 5:45 – 7:00 p.m.

Dates: 10/2 – 12/11 (10 wks) – no class 11/27

Fee: \$120.00 Instructor: Natasha Raymond

Place: YogaSpace, 777 Federal Road

Yoga

Yoga is a balancing of the entire body, which reaches every level of your being. It is modified to every person's ability from beginner to advanced. It is wonderful on its own or an excellent compliment to any sport or physical activity.

Session 1: Wednesday 8:00 – 9:00 a.m.

Dates: 10/1 – 12/31 (14 wks) Fee: \$168.00

Session 2: Tuesday 4:30 – 5:30 p.m.

Dates: 9/30 – 12/30 (14 wks) Fee: \$168.00

Session 3: Thursday 4:30 – 5:30 p.m.

Dates: 10/2– 1/8 (12 wks) – no class 11/27, 12/25, 1/1

Fee: \$144.00 Instructor: Penny Cidri

Place: The Body Shop Fitness Club, 14 Delmar Drive

Adult Fitness – Yoga and Pilates, cont



Pilates

A class that focuses on the ageless concepts of a strong center, positive alignment and mental focus. Improve torso strength, joint mobility and body posture with movements that increase your range of motion.

Session 1: Monday 9:10 – 10:10 a.m.

Dates: 9/29 – 12/29 (14 wks) Fee: \$168.00

Session 2: Thursday 10:15 – 11:15 a.m.

Dates: 10/2 – 1/8 (12 wks) -no class 11/27, 12/25, 1/1

Fee: \$144.00

Session 3: Thursday 5:30 – 6:30 p.m.

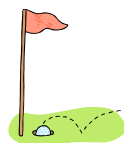
Dates: 10/2 – 1/8 (12 wks) – no class 11/27, 12/25, 1/1

Fee: \$144.00

Instructor: Ellen Serino

Place: The Body Shop Fitness Club

Adult Fitness - Golf



Adult Golf Lessons

Open to golfers of all skill levels, these classes are intended to provide students with a solid base in the fundamentals of golf, as well as to get them prepared to play

and to enjoy the game. The classes are ideal for both beginners who have never played before and for more experienced players who want to improve one or all aspects of their game. The typical class schedule is:

Class 1: Introduction/Set-up and Swing with Irons

Class 2: Review/Set-up and Swing with Woods

Class 3: Pitch Shots and Bunker Play

Class 4: Chipping and Putting

Also included during these classes will be work on faults and fixes, drills, rules and etiquette, course management and strategy, some computer video swing analysis, and much more. Students can bring their own clubs, or Golf Quest will provide them for you. A 7-iron and 5 iron will be used during class 1 and clubs for other sessions will be discussed during class. Fee is \$110.00 for any one month of four classes. Classes meet 6:00–7:00 p.m.

October: Tuesdays – 10/7, 10/14, 10/21, 10/28

November: Mondays – 11/3, 11/10, 11/17, 11/24

December: Tuesdays – 12/2, 12/9, 12/16, 12/23

Women Only Classes (Beginner)

October: Wednesdays – 10/8, 10/15, 10/22, 10/29

November: Tuesdays – 11/4, 11/11, 11/18, 11/25

December: Mondays – 12/1, 12/8, 12/15, 12/22



We are always looking for new class ideas! If you have an area of expertise that you would be willing to share with others, please download a "class proposal form" from our website. Days and times of classes are flexible, and previous

teaching experience is not always necessary. Class proposals should be received by 11/3/08 to be considered for the winter program guide.

Adult Fitness – Dance

For all of our dance classes, ladies are asked to wear skirts or dresses, and shoes with heels are preferred. Gentlemen are asked not to wear jeans or sneakers. Even though dances are reviewed repeatedly, students are expected to practice on their own between classes as well.

Ballroom and Latin Mix for Singles



We've had so many requests for this class! No need to be part of a couple (or have your other half with you) in order to participate. Join other people like yourself who want to learn ballroom and latin dances. Emphasis will be placed on mastering each step before moving on to new dances. Please note the dress code for participation in dance classes. Ladies are asked to wear skirts or dresses, and shoes with heels are preferred. Gentlemen are asked not to wear jeans or sneakers. Our instructor, Galina Andracchio, a former Russian competitor, is a member of the International Dance Teachers Association.
Day: Tuesday Time: 6:00 – 6:45 p.m.
Place: WMS- Cafeteria Fee: \$65.00/person
Dates: 10/7 – 12/9 (8 wks)-no class 11/4, 11/11

Strictly Ballroom Dance

Do you have a wedding, anniversary party or class reunion in your future? Would you like to impress your friends with some new moves? In addition to the physical benefits of dancing, mentally dancing serves as a wonderful stress release. The dances you learn will be selected at the instructor's discretion and may include: Fox Trot, Slow Waltz, Tango, Viennese Waltz and Quick Step. Emphasis will be placed on mastering each step before moving on to new dances. Please note the dress code for participation in dance classes. Ladies are asked to wear skirts or dresses, and shoes with heels are preferred. Gentlemen are asked not to wear jeans or sneakers. Our instructor, Galina Andracchio, a former Russian competitor, is a member of the International Dance Teachers Association.
Day: Tuesday Time: 6:45 – 7:30 p.m.
Place: WMS- Cafeteria Fee: \$65.00/person
Dates: 10/7 – 12/9 (8 wks)-no class 11/4, 11/11

Latin Dance



What better way to beat the blues? Come and learn the spicy Mambo/Salsa and Cha-Cha that is found in much of today's popular music. Samba, the "dance of love" Rumba, and East Coast Swing also known as Jive are among the dances you may learn this session at the instructor's discretion. Emphasis will be placed on mastering each step before moving on to new dances. Please note the dress code for participation in dance classes. Ladies are asked to wear skirts or dresses, and shoes with heels are preferred. Gentlemen are asked not to wear jeans or sneakers. Our instructor, Galina Andracchio, a former Russian competitor, is a member of the International Dance Teachers Association.
Day: Tuesday Time: 7:30 – 8:15 p.m.
Place: WMS Cafeteria Fee: \$65.00/person
Dates: 10/7 – 12/9 (8 wks)-no class 11/4, 11/11

Adult Fitness - Open Gyms



Open Basketball

Ongoing Monday night open play for Brookfield residents and their guests age 18 and over. Purchase a season pass for \$50.00 or pay \$5.00 nightly at the door. Passes will not be sold after 12/22/08 and no credit for nightly passes will be given. Program canceled on days when school is not in session or dismisses early.
Days: Monday Time: 7:30 – 9:30 p.m.
Dates: 11/10/08 – 4/6/09 Place: BHS Gym
Fee: \$5.00/night or \$50.00/season pass

Open Volleyball

Ongoing Wednesday night open play for adults 18 and over. Purchase a season pass for \$50.00 or pay \$5 nightly at the door. Passes will not be sold after 12/17/08 and no credit for nightly passes will be given. Open gym is canceled on days when school is not in session or dismisses early.
Days: Wednesday Time: 7:30 – 9:00 p.m.
Dates: 11/5/08- 4/8/09 Place: WMS Gym
Fee: \$5.00/night or \$50.00/season pass

Tots Activities



Singing and Signing

Did you know that babies start signing between the ages of 7 and 10 months old? It's been proven that babies who sign; speak earlier than non-signers, experience less

frustration, develop larger vocabularies, become better readers and have IQ's that are at least 10-12 points higher than their peers. Ms. Janine is a pioneer when it comes to signing with infants through school age children. It's been her passion for over 15 years! Teaching signs to your little ones is the new craze. Join Ms. Janine and see how fun and easy it is to learn through the magic of children's music. In order to better accommodate your child, we have divided the times by ages. Please specify what time and session you would like when registering. Class size is limited to 15 children.

Day: Tuesday Instructor: Janine Lamendola
Infants and Toddlers (up to age 3): Time: 10:00 -10:45 a.m.
Preschool – K (ages 3 to 5) Time: 11:15 a.m. – 12:00 p.m.
Session 1: 10/7, 10/14, 10/21, 10/28 (4 classes)
Session 2: 11/25, 12/2, 12/9, 12/16 (4 classes)
Place: Newbury Congregational Church, 126 Tower Road
Fee: \$43.00/session



Jumpin' Beans

Children will increase socialization skills and coordination through musical games and movement activities with their parent or caregiver and other children 18 - 24 months old.

Instructor: Pam Zavarelli Fee: \$64.00/session
Day: Friday Time: 11:30 a.m. – 12:15 p.m.
Place: Tropical All Stars (formerly Olympia Gymnastics)
Session 1: 10/3, 10/10, 10/17, 10/24 (4 wks)
Session 2: 11/7, 11/14, 11/21, 12/5 (4 wks)

Two Good to be True

Children ages 2-3 and parent or caregiver will meet for songs, stories and arts & crafts. Activities will foster development of fine motor and language skills while having fun and making friends! Please bring a snack. We offer two time slots for this popular program, please specify time and session when registering.

Instructor: Jen Tomaino Fee: \$45.00/session

Day: Wednesday Time: 10:15 – 11:15 a.m.

Day: Wednesday Time: 11:15 a.m. – 12:15 p.m.

Place: Congregational Church, Fellowship Hall

Session 1: 10/1, 10/8, 10/22, 10/29 (4 classes)

Session 2: 11/12, 12/3, 12/10, 12/17 (4 classes)



Explorers

Children ages 3 ½ - 5 will meet for games and a variety of activities including story-telling, mini-puppet shows, no-cook foods, and arts & crafts. Please bring a snack and a smock. Please note that children must be potty trained to attend. Class size limited to 12.

Instructor: Jen Tomaino Fee: \$61.00/session

Day: Wednesday Time: 12:15 – 1:45 p.m.

Place: Congregational Church, Fellowship Hall

Session 1: 10/1, 10/8, 10/22, 10/29 (4 classes)

Session 2: 11/12, 12/3, 12/10, 12/17(4 classes)



Tumbling Tots

Children 2-5 will meet for games, basic tumbling skills and energetic fun in a gym setting. We offer 2 time slots for this popular program; 9:30 - 10:30 am for age 4-5 with or without parent and 10:30 - 11:30 am for ages 2-3 with parent or caregiver. Please specify time and session when registering.

Day: Friday Fee: \$64.00/session

Time: 9:30 – 10:30 a.m. OR 10:30 – 11:30 a.m.

Session 1: 10/3, 10/10, 10/17, 10/24 (4 wks)

Session 2: 11/7, 11/14, 11/21, 12/5 (4 wks)

Place: Tropical All-Stars (formerly Olympia Gymnastics)

Instructors: Pam Zavarelli & Jen Tomaino

Visions of Sugarplums for Tots

Children will explore the many ways their bodies can move, and use their imaginations for self-expression in this "Nutcracker" themed ballet and creative movement class for ages 3 - 5. There will be an open class performance for parents at the last class. Ballet slippers and leotards are preferred participants, but not mandatory.

Day: Friday Instructor: Holly Gundolfi

Dates: 10/3 – 12/12(8 wks) – no class 10/31, 11/21, 11/28

Time: 4:15 – 5:00 p.m. Fee: \$45.00/session

Place: Center School Cafe

Wee Crafters

Now at a new time and location! Children ages 3 - K will improve their fine motor skills and express their creativity while making crafts. A variety of materials will be used and special projects created with fall and holiday themes.

Day: Thursday

Session 1: 10/16, 10/23, 10/30, 11/6 (4 wks)

Session 2: 11/13, 12/4, 12/11, 12/18 (4 wks)

Time: 1:00 – 2:00 p.m.

Place: Newbury Congregational Church, 126 Tower Road

Instructor: Pam Zavarelli Fee: \$49.00 /session



'Lil Chefs

Children ages 3 and 4 will enjoy making no cook and cooked foods, as well as hands on activities involving food and measurement. Please make us aware of any food allergies before the first

class.

Day: Thursday

Session 1: 10/23, 10/30, 11/6, 11/13 (4 wks)

Session 2: 12/4, 12/11, 12/18, 1/8/09 (4 wks)

Time: 10:00 – 11:00 a.m.

Place: Congregational Church, Fellowship Hall

Instructor: Jen Tomaino Fee: \$63.00 /session

Theme Weeks

Preschool children ages 2-4 (with parent or caregiver) will meet for a variety of stories, crafts, games, and music all relating to the following themes:

October: 10/20 and 10/27

Halloween

November: 11/17 and 11/24

Thanksgiving

December: 12/8 and 12/15

Happy Holidays

Day: Monday

Fee: \$24.00/month

Time: 10:00 – 11:00 a.m.

Instructor: Pam Zavarelli

Place: Newbury Congregational Church, 126 Tower Rd



Learn to Ice Skate for Tots

Preschoolers age 3 ½ and older will enjoy this program which incorporates creative play and interactive learning games to teach skills. This program (Tot 1) is designed for children who have never skated. They will learn the proper way to fall and get up, as well as marching in place and across the ice. Included is a free skating pass so that participants may practice at no charge during any public skating session for the duration of the program, as well as skate rentals if needed. Helmets and gloves or mittens are also required.

Session 1: Wednesday, 11/5 – 12/17 (7 wks)

4:05- 4:35 p.m. Fee: \$112.00

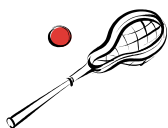
Session 2: Thursday, 11/6 – 12/18 (6 wks) – no class 11/27

10:30 – 11:00 a.m. Fee: \$96.00

Session 3: Friday, 11/7 – 12/19 (6 wks) – no class 11/28

10:30 – 11:00 a.m. Fee: \$96.00

Place: Danbury Ice Arena, 1 Independence Way



Fall Lacrosse Clinic

Children in grades K - 4 will practice the basic skills needed to play lacrosse. Using soft balls and sticks suitable for beginners, participants will practice passing, catching, ground balls, and shooting. Relay races, sharks & minnows and mini game play will add to their learning and fun. Guest coaches from local Colleges, Pro Teams and our High School will help make this a great learning experience. Each participant will receive a Mini Brine E3 Stick and t-shirt. Please have your child wear sneakers, dress comfortably for outdoor play and bring a water bottle. Pre-registration is required via the Brookfield Lacrosse clubs web link below. The schedule is subject to change.

Day: Saturday Time: 3:30 - 5:00 p.m.
 Dates: 9/27 - 10/18(4 wks) -10/27 rain date if needed
 Instructors: Brookfield LAX Club and Guest Coaches
 Place: Cadigan Park
 Fee: Free (Sponsored by Brookfield LAX Club)
 Registration Required on Brookfield Lacrosse Web Site:
<https://LeagueAthletics.com/Registration/Restrictions.asp?ReglD=61089&org=brookfieldlax.org>

Performing Arts Acting –Grade K/1

We were so impressed with Performing Arts Program's summer camp, that we asked them back to do acting classes with us this fall! Some of the topics that will be covered include: exciting theater games, concentration exercises, voice and speech, improvisational exercises, acting terminology, sense memory, subtext, stage skills, script work and more! At the end of this session there will be an informal performance to demonstrate what participants have been working on. These classes will also be challenging and offer new and exciting activities for the more experienced participant as well!

Day: Monday Time: 4:50 – 5:35 p.m.
 Dates: 10/6 – 11/24 (7 wks) – no class 10/13
 Place: HHES – Upper Gym Fee: \$95.00
 Instructor: www.performingartsprograms.biz

New ~ Quick Start Tennis

Children in grades K and 1 will learn how to control a tennis ball with a racket and have fun in this beginning program taught by BHS Girls Coach Elaine Gregory. Rackets and balls are supplied. Children should come dressed for outdoor play and bring a water bottle. In case of rain, this program will be cancelled and a make up day will be offered.

Day: Wednesday Time: 3:30 – 4:30 p.m.
 Dates: 9/24 – 10/15 (4 wks) Fee: \$39.00
 Place: Cadigan Park Tennis Courts
 Instructor: Elaine Gregory, BHS Girls Coach

Sports Celebrated!

Exercise and fun are the key elements of this class. Children in grades K and 1 will develop basic skills in several indoor games and sports.

Session 1: Tues., 10/7–12/16(8 wks)—no class 11/4, 11/11, 11/18
 Session 2: Thurs., 10/2 – 12/11(8 wks) – no class 11/20, 11/27
 Place: Center School – Gym Time: 3:15 – 4:15 p.m.
 Instructor: Mike Frederick Fee: \$40.00/session

Yoga Bear - Yoga for Youngsters



A 45-minute yoga class for kids ages 5-10 led by "YogaBear: Yoga For Youngsters" author and yoga teacher Karen Pierce. Karen will take children on a journey based on her beautifully illustrated book that introduces children to yoga by exploring and imitating animals and nature through 22 yoga postures. Kids not only learn yoga poses, breathing techniques and relaxation, but they also build self-awareness, focus and confidence in a fun & supportive environment.
 Day: Monday Time: 5:00 - 5:45 pm
 Dates: 10/20 – 12/8 (8 wks) Fee: \$84.00
 Instructor: Karen Pierce
 Place: YogaSpace, 777 Federal Rd.

Get into the Kitchen

Children in grades K and 1 will enjoy making no cook and cooked foods, as well as hands on activities involving food and measurement. Recipes are duplicated in both the Tuesday and Wednesday classes. Both days meet in the Center School Pre-School Room, 3:15 – 4:15 p.m. Fee is \$45.00/session.

Day: Tuesday Instructor: Jen Tomaino
 Session 1: 10/7, 10/14, 10/21, 10/28 (4 wks)
 Session 2: 11/25, 12/2, 12/9, 12/16 (4 wks)
 Day: Wednesday Instructor: Jen Tomaino
 Session 1: 10/8, 10/15, 10/22, 10/29 (4 wks)
 Session 2: 11/5, 11/12, 11/19, 12/3 (4 wks)



Little Dragons

Students in grades K - 1 will be introduced to martial arts and character development through weekly themes including: laser beam focus, 3 rules of concentration, 20 ways to respect your teacher, coordination, self discipline, self control, physical fitness and more. The basic martial arts skills taught will prepare students to break a board and test for their white belt after the course ends. The purchase of a uniform or T-Shirt to wear in class is optional and must be arranged by visiting Zandri's Martial Arts directly prior to the first class. Contact them at 775-7150.

Day: Thursday Time 3:15 – 3:45 p.m.
 Dates: 10/16 – 11/6 (4 wks) Fee: \$28.00
 Place: Center School Cafeteria
 Instructor: Zandri's Martial Arts



French Fantastique

Madame Minier, a native French speaker with twenty years experience teaching, has a magical way of inspiring children. Using music, poetry, memory games, colorful craft projects and vocabulary building exercises, she stimulates all of the child's senses and makes learning fun. Children in grades K and 1 will learn basic greetings, the alphabet, counting, colors and lots of vocabulary. Each student will receive a folder of creative activities in French.
 Day: Tuesday Time: 3:15 - 4:15 p.m.
 Dates: 10/7 – 12/16 (8 wks)—no class 11/4, 11/11, 11/18
 Place: Center School Instructor: Margee Minier
 Fee: \$72.00

Visions of Sugarplums for K/1

Children will explore the many ways their bodies can move, and use their imaginations for self-expression in this "Nutcracker" themed ballet and creative movement class

for children in grades K and 1. There will be an open class performance for parents at the last class. Ballet slippers and leotards are preferred participants, but not mandatory.

Day: Friday Instructor: Holly Gundolfi

Dates: 10/3 – 12/12(8 wks) – no class 10/31, 11/21, 11/28

Time: 4:15 – 5:00 p.m. Fee: \$45.00/session

Place: Center School Cafe

Crafty Kids

Children in grades K and 1 will improve their fine motor skills and express their creativity while making crafts. A variety of materials will be used and special projects created with holiday themes.

Day: Tuesday Time: 3:15 – 4:15 p.m.

Dates: 11/25 – 12/16 (4 wks) Fee: \$45.00

Instructor: Pam Zavarelli

Place: Center School Art Rm.

Nature All Around Us – Early Fall

Children in grades K and 1 will learn to identify local wildflowers and trees and make a flower press. They will make weather tracking devices, perform an experiment in decomposition and make projects with fall leaves and pressed

flowers.

Day: Thursday

Dates: 10/2, 10/16, 10/23, 10/30

Time: 3:15 – 4:15 p.m. Place: Center School Art Rm.

Instructor: Jen Tomaino Fee: \$45.00

Nature All Around Us –Late Fall

Children in Grades K and 1 will make a field journal, learn to identify local wildflowers and trees, and make "pounded" flower prints and pressed flower projects. They will learn about the importance of the earth's forests and about our local ecosystem.

Day: Thursday

Dates: 11/6, 11/13, 12/4, 12/11

Time: 3:15 – 4:15 p.m. Place: Center School Art Rm.

Instructor: Jen Tomaino Fee: \$45.00

**Iddy, Biddy Basketball**

Children in first grade will practice the basic skills of basketball including dribbling and passing in a fun, non-competitive atmosphere. All children will receive an iddy biddy basketball T-shirt.

Day: Saturday Dates: 1/10 – 2/28 (7 wks)

Time: 11:00 a.m.- 12:00 p.m. Place: HHES – U.Gym

Fee: \$55.00

Fungineering

Young budding engineers in grades 2 – 4 love this "hands-on", "minds-on" program. Concepts of simple machines are introduced through a series of activity card LEGO building projects. We will be building racecars, catapults, bubble blowers and more. With the use of a motor and electrical controls, the models come alive right before their eyes. All new models to tinker with this fall! Class is limited to 12 students.

Day: Tuesday Time: 3:50 – 5:00 p.m.

Dates: 10/7, 10/14, 10/21, 10/28, 11/25 (5 wks)

Place: HHES - Library

Instructor: Computer Explorers Fee: \$85.00

**Fall Lacrosse Clinic**

Children in grades K - 4 will practice the basic skills needed to play lacrosse. Using soft balls and sticks suitable for beginners, participants will practice passing, catching, ground balls,

and shooting. Relay races, sharks & minnows and mini game play will add to their learning and fun. Guest coaches from local Colleges, Pro Teams and our High School will help make this a great learning experience. Each participant will receive a Mini Brine E3 Stick and t-shirt. Please have your child wear sneakers, dress comfortably for outdoor play and bring a water bottle. Pre-registration is required via the Brookfield Lacrosse clubs web link below. The schedule is subject to change.

Day: Saturday Time: 3:30 – 5:00 p.m.

Dates: 9/27 – 10/18(4 wks) -10/27 rain date if needed

Instructors: Brookfield LAX Club and Guest Coaches

Place: Cadigan Park

Fee: Free (Sponsored by Brookfield LAX Club)

Registration Required on Brookfield Lacrosse Web Site:

<https://LeagueAthletics.com/Registration/Restrictions.asp?ReglD=61089&org=brookfieldlax.org>

French Fantastique

Get a jump start on middle school French! Studies have shown that the earlier a child is exposed to a second language, the more quickly they excel. Learn French the fun way through music, colorful crafts and instruction. Students in grades 2-4 will learn about French foods, geography, famous buildings, as well as the basic greetings, alphabet, counting, colors and lots of vocabulary. Each student will receive a folder full of creative activities in French.

Day: Wednesday Time: 3:50 – 4:40 p.m.

Dates: 10/1 – 12/3 (8 wks)- no class 11/19, 11/26

Place: HHES – Library Fee: \$72.00

Instructor: Margee Minier

**Junior Floor Hockey**

Students in grades 2 - 4 will learn the basic rules of floor hockey and participate in games. All students are asked to bring their own goggles.

Session 1: Tues. 10/7 – 12/16 (8 wks)-no class 11/4, 11/11, 11/18

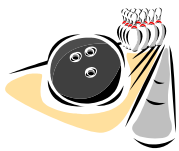
Session 2: Wed. 10/1 – 12/3 (8 wks)-no class 11/19, 11/26

Time: 3:50 – 4:50 p.m.

Fee: \$40.00/session

Place: HHES Lower Gym

Huckleberry After School, continued



Bowling

Each class features two games of bumper bowling for students in grades 2 - 4. Bus transportation is provided from Huckleberry Hill School to Brookfield Lanes by school bus. When sending in a note each week to

the school, please include that your child is attending bowling on bus #26. Pick-up is at Brookfield Lanes.

Day: Thursday Time: 3:50 - 5:30 p.m.

Session 1: 10/2, 10/16, 10/23, 10/30 (4 wks)

Session 2: 11/6, 11/13, 12/4, 12/11 (4 wks)

Instructor: Dave Miller Place: Brookfield Lanes

Fee: \$48.00/session

Yoga Bear - Yoga for Youngsters



A 45-minute yoga class for kids ages 5-10 led by "YogaBear: Yoga For Youngsters" author and yoga teacher Karen Pierce. Karen will take children on a journey based on her beautifully illustrated book that introduces children to yoga by exploring and imitating animals and nature

through 22 yoga postures. Kids not only learn yoga poses, breathing techniques and relaxation, but they also build self-awareness, focus and confidence in a fun & supportive environment.

Day: Monday Time: 5:00 - 5:45 pm

Dates: 10/20 - 12/8 (8 wks) Fee: \$84.00

Instructor: Karen Pierce

Place: YogaSpace, 777 Federal Rd.

Martial Arts for Beginners



Students in grades 2 - 4 will be introduced to martial arts and character development through weekly themes including: laser beam focus, 3 rules of concentration, 20 ways to respect your teacher, coordination, self discipline, self control, physical fitness and more. The basic martial arts skills taught will prepare students to break a board and test for their white belt after the course ends. The purchase of a uniform or T-Shirt to wear in class is optional and must be arranged by visiting Zandri's Martial Arts directly prior to the first class. Contact them at 775-7150.

Day: Friday Time: 3:50 - 4:35 p.m.

Dates: 10/3 - 10/24 (4 wks) Fee: \$28.00

Instructor: Zandri's Martial Arts

Place: Huckleberry Hill School - Lower Gym

Basic Drawing and Watercolor



Students in grades 2 - 4 will join artist Victoria Lange in learning basic drawing and watercolor techniques. Each student will receive individualized attention to be successful at their ability level, culminating

with the completion of a painting. Please ask for a materials list when registering. (Materials cost is approximately \$40.00). Bring a snack and a drink each week.

Day: Tuesday Time: 3:50 - 5:20 p.m.

Dates: 10/7 - 12/16 (8 wks)-no class 11/4, 11/11, 11/18

Place: Huckleberry Hill Rm 201 Fee: \$85.00

Instructor: Victoria Lange

Huckleberry After School, continued



Drawing Mixed Media

Paint, Draw & More! drawing classes teach young artists in grades 1-4 to draw what they see, to enhance their drawings with

their own ideas and concepts, and to use different materials in creative ways. Students learn to draw in a non-competitive, creative and fun environment. This art program helps children build self-esteem through personal drawing success, and helps them develop an understanding of spatial and color relationships. We will use pencils, markers, watercolors, chalk and oil pastels, etc. to draw animals, still life, landscapes, and more. Drawing concepts like composition, shading and perspective will be taught. We use the highest quality materials we can to help our students obtain the best results for their efforts. For more information about Paint Draw and More programs, visit www.paintdrawmore.com

Day: Friday Time: 3:50 p.m. - 5:20 p.m.

Dates: 10/3 - 12/19 (8 wks) -no class 10/10, 10/31, 11/21, 11/28

Place: HHES Art Room Fee: \$168.00

Instructor: Paint, Draw & More!

Performing Arts Acting - Grades 2-6



We were so impressed with Performing Arts Program's summer camp, that we asked them back to do acting classes with us this fall! Some of the topics that will be covered include: exciting theater games,

concentration exercises, voice and speech, improvisational exercises, acting terminology, sense memory, subtext, stage skills, script work and more! At the end of this session there will be an informal performance to demonstrate what participants have been working on. These classes will also be challenging and offer new and exciting activities for the more experienced participant as well!

Day: Monday Time: 3:50 - 4:45 p.m.

Dates: 10/6 - 11/24 (7 wks) - no class 10/13

Place: HHES - Upper Gym Fee: \$95.00

Instructor: www.performingartsprograms.biz

New ~ Junior Chefs

Young Chefs teaches a very important and useful life skill-- how to cook properly, and make delicious and nutritious meals. Students age 8 - 11 will learn valuable culinary skills and techniques that they will use for the rest of their lives. In addition, they use their math, reading/comprehension and communication skills. Recipes change every week, so students are always learning about a new dish, ingredient or technique. Students will become more adventurous about food as they learn food history, proper nutrition, how recipes can be modified to suit different tastes and dietary concerns, and food safety. They will also taste the food they made, and discuss each recipe at the end of class. All food and supplies are included in the fee.

Day: Thursday Time: 4:30 - 6:00 p.m.

Dates: 10/2, 10/16, 10/23, 10/30 (4 wks)

Place: Young Chefs Academy, 18 Old Route 7

Fee: \$110.00

Youth Wrestling Program

The Brookfield Youth Wrestling Program is open to boys and girls ages 8 through 13. The program, open to those with little or no previous wrestling experience, will emphasize enhancing proper techniques, strength and conditioning skills. The program covers all aspects of wrestling including takedowns, escapes, reversals, pinning combinations and tilts. These techniques will be shown in a sequence that makes it easy for the wrestler to understand. Staff will consist of many local coaches and current and past wrestling stand-outs. Participants should wear sneakers, shorts, and a t-shirt. Everyone will receive a Brookfield Wrestling T-shirt.

Day: Monday and Wednesday

Time: Age 8-10 5:30 – 6:30 p.m. Fee: \$60.00

Age 11-13 6:45 – 8:15 p.m. Fee: \$65.00

Dates: 11/10, 11/12, 11/17, 11/19, 11/24, 12/1, 12/3, 12/8, 12/10, 12/15 (10 classes)

Place: Huckleberry Lower Gym Instructor: Josh Levine



“No Cook” Creations

Come and explore the many foods that you can create without the use of an oven or stove.

Open to students in grades 2 – 4. Please make us aware of any food allergies when registering.

Day: Wednesday

Time: 3:50 - 4:50 p.m.

Place: HHES Art Room

Fee: \$45.00/session

Session 1: 10/1, 10/8, 10/15, 10/22 (4 classes)

Session 2: 11/5, 11/12, 12/3, 12/10 (4 classes)

Instructor: Pam Zavarelli



Learn to Ice Skate Grades 1-4

Included is a free skating pass so that participants may practice at no charge during any public skating session for the eight-week duration of the program,

as well as skate rentals if needed. We are currently offering Skate levels 1 and 2 concurrently with different instructors.

Skate 1: Entry level class for those with little or no experience on the ice. Skaters will learn the proper way to fall down and get up as well as marching and gliding across the ice. They will also be introduced to forward swizzles, backward wiggles and stops. Skate 2: This class is for graduates of Skate 1 or for those skaters who have skating experience but not formal lessons, and are able to skate and glide on their own. They will learn 2-foot and 1-foot glides, forward and backward swizzles, alternating forward ½ swizzles and snowplow stops.

Place: Danbury Ice Arena, 1 Independence Way

Day: Saturday

Time: 11:20 – 11:50 a.m.

Dates: 11/1 – 12/20(8 wks)

Fee: \$128.00/session

New ~ Felt Punching 2

Learn about the latest craze in sewing...felt punching! Using a special machine (with safety features), students in grades 2-4 will actually “punch” decorative fabrics into a sweatshirt to create a unique design. If time permits, students will also create designs on bookmarks, a felt belt, a pocketbook or change purse and a wall hanging. Participants should bring a plain (single color, no pockets) sweatshirt with them to the first class. All other materials are included.

Day: Monday

Time: 3:50 – 5:20 p.m.

Dates: 10/6 – 11/3 (4 wks)-no class 10/13 Fee: \$52.00

Place: HHES Art Room

Instructor: Debbie Vizi



American Red Cross

Babysitter's Training

American Red Cross Babysitter's Training gives 11-15 year olds the skills and confidence they need to become great

babysitters. This 6-hour class covers training in care giving, decision making, safety and first aid skills, and preventing and responding to emergencies. Course participants receive *The Babysitter's Training Handbook*, which provides course review and 30 easy-to-follow first aid action plans for handling emergencies. Red Cross Babysitter Certification cards will be awarded upon successful completion. Please bring a lunch and drink and a pen or pencil. Classes are held at Town Hall. Session 1: Thursday, October 9, 9:00 a.m. – 3:00 p.m. Session 2: Tuesday, November 4, 9:00 a.m. – 3:00 p.m. Instructor: Peggy Boyle Fee: \$60.00/session



Basic Drawing and Watercolor

Students in grades 5 - 8 will join artist Victoria Lange in learning basic drawing and watercolor techniques. Each student will receive individualized attention to be successful at their ability level, culminating with the completion of a

painting. Please ask for a materials list when registering. Materials cost is approximately \$40.00. Bring a snack and a drink each week. Late bus transportation is available from WMS after school for this program.

Day: Monday

Time: 2:30 – 4:00 p.m.

Dates: 9/29 – 11/24(8 wks)-no class 10/13

Instructor: Victoria Lange

Place: WMS Art Room

Fee: \$85.00

Youth Wrestling Program

The Brookfield Youth Wrestling Program is open to boys and girls ages 8 through 13. The program, open to those with little or no previous wrestling experience, will emphasize enhancing proper techniques, strength and conditioning skills. The program covers all aspects of wrestling including takedowns, escapes, reversals, pinning combinations and tilts. These techniques will be shown in a sequence that makes it easy for the wrestler to understand. Staff will consist of many local coaches and current and past wrestling stand-outs. Participants should wear sneakers, shorts, and a t-shirt. Everyone will receive a Brookfield Wrestling T-shirt.

Day: Monday and Wednesday

Time: Age 8-10 5:30 – 6:30 p.m. Fee: \$60.00

Age 11-13 6:45 – 8:15 p.m. Fee: \$65.00

Dates: 11/10, 11/12, 11/17, 11/19, 11/24, 12/1, 12/3, 12/8, 12/10, 12/15 (10 classes)

Place: Huckleberry Hill Lower Gym

Instructor: Josh Levine

New ~ Sew for Yourself!

Students in grades 5-8 will practice basic sewing skills as they create useful projects including pajama bottoms and a tote bag. Please ask for a materials list when registering.

Day: Thursday

Time: 2:30 – 4:00 p.m.

Dates: 10/16 – 11/6(4 wks)

Fee: \$52.00

Place: WMS Home Ec. Room

Instructor: Debbie Vizi



Golf Lessons for Juniors

Open to golfers of all skill levels, these classes are intended to provide students ages 7 – 14 with a solid base in the fundamentals of golf, as well as to get them prepared to play and to enjoy the game. The classes are ideal for both

beginners who have never played before and for more experienced players who want to improve one or all aspects of their game. The typical class schedule is:

Class 1: Introduction/Set-up and Swing with Irons

Class 2: Review/Set-up and Swing with Woods

Class 3: Pitch Shots and Bunker Play

Class 4: Chipping and Putting

Also included during these classes will be work on faults and fixes, drills, rules and etiquette, course management and strategy, some computer video swing analysis, and much more. Students can bring their own clubs, or Golf Quest will provide them for you. A 7-iron and 5 iron will be used during class 1 and clubs for other sessions will be discussed during class. Fee is \$110.00 for any one month of four classes. All classes meet 4:30 – 5:30 p.m. at Golf Quest, 1 Sand Cut Road.

October: Tuesdays – 10/7, 10/14, 10/21, 10/28

November: Mondays – 11/3, 11/10, 11/17, 11/24

December: Tuesdays – 12/2, 12/9, 12/16, 12/23

Weight Training for Beginners



These classes are designed to teach students ages 12-15 the fundamentals of weight training. Students will learn to use weight training equipment, in a supervised format that emphasizes safety. Exercises such as the Bench Press and Squat, and related assistance movements will be emphasized. Upon completion of this course, students will be able to follow a workout with weights, using proper form and technique. Classes are limited to 6 students to allow for individual attention.

Day: Saturday Time: 9:00 – 10:30 a.m.

Session 1: 9/27, 10/4, 10/11, 10/18 (4 wks)

Session 2: 10/25, 11/8, 11/15, 11/22 (4 wks)

Fee: \$90.00 per session

Instructor: Rob Delavega

Place: No-Limit Health & Fitness, 1120 Federal Road

Performing Arts Acting - Grades 2-6



We were so impressed with Performing Arts Program's summer camp, that we asked them back to do acting classes with us this fall! Some of the topics that will be covered include: exciting theater games, concentration exercises, voice and speech, improvisational exercises, acting terminology, sense memory, subtext, stage skills, script work and more! At the end of this session there will be an informal performance to demonstrate what participants have been working on. These classes will also be challenging and offer new and exciting activities for the more experienced participant as well!

Day: Monday Time: 3:50 – 4:45 p.m.

Dates: 10/6 – 11/24 (7 wks) – no class 10/13

Place: HHES – Upper Gym Fee: \$95.00

Instructor: www.performingartsprograms.biz

Successful Study Skills for the Middle School Student

Good study skills and strategies can mean the difference between failure and success in school. These abilities become more and more vital as workloads increase for students moving through middle and high school. In this one-day overview program students will be introduced to organizational and study strategies along with time management guidelines and test taking tips. Students will leave with several handouts to help them put these guidelines into action in the real world. This is a limited small group session taught by an experienced teacher of Study Skills. Material is geared toward students in middle and high school. Please bring a bag lunch.

Day: Saturday Time: 11:00 a.m. – 2:00 p.m.

Date: 10/18 Fee: \$35.00

Place: Tutoring Club, 270 Federal Road

Instructor: Susan Taylor



Digital Photography

Come join us and capture the moment! What better way to capture the world than through a digital camera lens, using WMS grounds as

our canvas. Students will learn how to operate a Sony Mavica digital camera, which we will provide, and learn picture effects such as color, black & white, sepia tone and more. Students will learn the techniques of composing and image by the use of light and subject placement. The technique of formal portraiture will be presented by the use of videos, image printouts and slideshows. All students' work will be transferred to the computer for critique and the basics of Adobe Photoshop will be covered. Students are welcome to bring their own digital cameras if they have one.

Session 1: Monday, 10/20 – 12/8 (8 wks)

Session 2: Tues., 10/7–12/16 (8 wks)- no class 11/4, 11/11, 11/18

Session 3: Wed., 10/8 – 12/10 (8 wks)-no class 11/19, 11/26

Time: 2:30 – 4:00 p.m.

Place: WMS Room

Instructor: Penny Brennan

Fee: \$105.00/session



Tween & Teen Yoga

A class for 11-16 year olds. Teens who think yoga is too sissy will find this lively class with upbeat music a nice combination of physical challenge, stress relief, relaxation and fun.

Yoga practice benefits today's busy adolescents just as it would any other person allowing them to de-stress and center themselves. It's an inspiring way to cultivate confidence, improve focus, increase body awareness, and create a positive body image. Chill out with other teens in this ancient Indian art of self-discipline and development. Plus...yoga is cool. No yoga experience is necessary. All levels welcome. Wear loose or stretchy clothing.

Day: Monday Time: 4:00 – 5:00 p.m.

Dates: 10/20 – 12/8 (8 wks) Fee: \$84.00

Instructor: Karen Pierce

Place: YogaSpace, 777 Federal Rd.

Whisconier After School, cont.

New ~ Teen Chefs

Young Chefs teaches a very important and useful life skill-- how to cook properly, and make delicious and nutritious meals. Students age 12 – 16 will learn valuable culinary skills and techniques that they will use for the rest of their lives. Recipes change every week and are never repeated, so students are always learning about a new dish, ingredient or technique. They will taste the food they made, and discuss each recipe at the end of class. All food and supplies are included in the fee.

Day: Tuesday Time: 5:00 – 6:30 p.m.
Dates: 10/7 – 10/28 (4 wks) Fee: \$110.00
Place: Young Chefs Academy, 18 Old Route 7

New ~ Strength & Conditioning for Basketball Players

Get a jump start on basketball season! Sessions will consist of exercises and drills to prepare male and female students in grades 5 – 9 to be in tip top shape for the upcoming season, enhancing speed, agility, balance and jumping ability specific to basketball. This program is led by Jeff Panepento, a Certified Strength & Conditioning Specialist (CSCS) and Physical Therapist (MSPT), and accepts a maximum of 12 students to allow for individualized attention.

Day: Monday/Wednesday Time: 7:00 – 8:00 p.m.
Dates: 9/29 – 11/10 (12 classes) – no class 10/13
Place: WMS Gym Fee: \$99.00

Think Snow! We are planning our tenth annual “Learn to Love to ski/snowboard program” for 5 – 8th graders on Friday nights to Mohawk Mountain in Cornwall, CT. The program will provide transportation after school to and from WMS, and is scheduled to run for 5 weeks, January 9 – February 6, 2009. A detailed flyer will be sent out through WMS in early November and will be posted on our website.

Brookfield High School

College Planning 101: Introduction to Admissions

Your student is beginning the college planning process. But where do you start? PSAT first? Which test should follow, SAT or ACT?--And when? How do you choose schools? When do you visit? What about those endless applications and essays? This seminar gives you a road map to the process based on the experiences of seasoned admissions councilors. It is geared toward the families of current HS Juniors entering the process and sophomores who want a head start. Parent(s) and their student should attend.

Day: Wednesday Time: 7:00 – 9:00 p.m.
Date: 10/15 Fee: \$25.00/family
Place: Tutoring Club, 270 Federal Road
Instructors: Neil Adam- Academic Director, Admissions Councilor and Bill Gross, Director

Think Snow! We are planning our tenth annual “Learn to Love to ski/snowboard program” for BHS Students on Friday nights to Mohawk Mountain in Cornwall, CT. The program will provide transportation after school to and from WMS, and is tentatively scheduled to run for

5 weeks, January 9 – February 6, 2009. A detailed flyer will be sent out through WMS in early November and will be posted on our website.

Youth Basketball Leagues

All basketball programs are canceled on 12/27/08 and 1/3/09. Any additional cancellations will be made up at the end of the program.



Biddy Basketball

This educational league is divided into divisions by grade level: A for boys in grades 2 & 3, B for boys in grades 4 & 5, and G for girls in grades 2 – 3 and 4 - 5.

Following an evaluation clinic, participants will be placed on teams and compete against other teams in their division, followed by a week or two of playoffs. There will also be open gyms and practices scheduled during weekday evenings starting in January. Adults are needed to volunteer as coaches. If you are able to coach or assistant coach, please let us know when you register.

Supervisor: Fern Smenyak Fee: \$80.00
Dates: 12/6 – 2/28 (10 weeks) Day: Saturday

Boys Grades 2 – 3 (Biddy A)

Time: 9:00 – 11:00 a.m. on 12/6. Will play for 1½ hours between 8:00 – 11:00 a.m. starting 12/13. Meet at Huckleberry Hill School Upper Gym.

Boys Grades 4 – 5 (Biddy B)

Time: 3:30 – 5:00 p.m. at Brookfield High School

Girls Grades 2 – 3 (Biddy G 2-3)

Time: 12:00 – 1:30 p.m. at Huckleberry Hill

Girls Grades 4 – 5 (Biddy G 4-5)

Time: 1:30 – 3:00 p.m. at Huckleberry Hill

Girls' Basketball

An evaluation clinic for girls in grades 6 - 9 will be held on December 6, and will be followed by 9 weeks of league play. Teams will play in one game each Saturday, and also have Saturday practice time. New this year, we will be using adult “patched” referees. Adults are needed to volunteer as coaches. If you are able to coach or assistant coach, please let us know when you register.

Dates: 12/6/08 – 2/28/09 (10 weeks)
Day: Saturday Fee: \$80.00
Time: 1:30 – 3:00 p.m. Place: BHS
Supervisor: Desiree Kolitz

Boys' Basketball

An evaluation clinic for boys in grades 6 - 9 will be held on December 6. Teams will be made for grades 6 - 7, and grades 8 - 9, and league play will begin on December 13. Teams will play in one game each Saturday, and have scheduled practice time on Saturday as well. New this year, we will be using adult “patched” referees. **On 12/6, all 6 & 7 graders are to report at 9:00 a.m. until 10:30 a.m. On 12/6, all 8 & 9 graders are to report at 10:30 a.m. until 12:00 p.m.** Adults are needed to volunteer as coaches. If you are able to coach or assistant coach, please let us know when you register.

Dates: 12/6/08 – 2/28/09 (10 weeks)
Day: Saturday Fee: \$80.00
Time: 8:00 a.m.- 1:00 p.m. Place: BHS
Supervisors: Mark Favale and Steve Kolitz

From the Director

The Senior Center has made a successful transition to its new *temporary* home (located at 555B Federal Rd.) and we are confident that the renovation to the existing Senior Center will begin before the first snow this Winter. We hope to occupy our new renovated building by mid-year of 2009.

The Grounds Department is currently dealing with a recent staff reduction of 3 laborer positions. How this effects maintenance related issues is yet to be seen in its entirety but will certainly affect our ability to do all that is asked of us in a timely matter.

The multi-use paved bike path along the Still River corridor has been moving forward. We are entering the preliminary design phase of the project and will be looking for input from the Community this Fall in a series of public forums. Budgetary restrictions, design, layout, terrain of the bridge crossing and the cost of steel are sure to present some serious challenges moving forward.

This summer we were pleased to serve over 2100 children ages 3.5 years and up in a variety of fun-filled day camps, 300 + in swim related activities and over 100 adults in various programs and trips. Many thanks to our dedicated Camp, Waterfront, and Administrative staff for making this summer one to remember.

Our annual Concerts in the Park and Drive in Movie Nights were once again very popular with many of our residents this year. We would like to thank all of those who attended, and especially all of those civic groups, area business and organizations that once again made them possible through their generous contributions.

We are pleased to present our Fall line up of programs, activities, adult education, trips and special events. We believe that you will be pleased with the wide variety of quality programs available for all ages.

Your Recreation, Senior, and Grounds staff continue to maximize the department's limited resources by improving upon Brookfield's recreational programs and facilities.

"The Benefits are Endless"

Dennis DiPinto
Director Parks & Recreation
www.brookfieldct.org/parks&rec.htm

Sponsorship Investment Opportunities

The Brookfield Parks and Recreation Department is very excited about the many opportunities that we have to enhance the recreational experiences for our community. By participating in our Sponsorship Investment Program you will help the Parks & Recreation Department by allowing us to maintain quality programs at affordable prices to our residents, as well as to enhance the number and nature of special events that we are able to offer to the community throughout the year.

The following outlines a few of the many opportunities that we have for you to get involved with our Department during the next six months. We thank you in advance for your continued support of the Brookfield Parks and Recreation Department, and encourage you to call or email the contacts listed under the specific opportunities below to learn more about ways that sponsorship may benefit your business.

Winter Youth Basketball Leagues

We operate a number of youth basketball leagues throughout the winter, servicing boys and girls in grades one through nine. Sponsorship features repeated local exposure in the Brookfield Journal as well as your logo on T-shirts that are worn by participants each week.

TIMETABLE: December 2008 - March 2009
Deadline for Sponsorship: November 2008
INVESTMENT: \$125.00 per team
\$100.00 each additional team
CONTACT: Nina Mack at 775-7310 or
nmack@brookfield.org

Cadigan Park Advertising Banners

Display your organization/business for all Park users to see. 3' x 6' banners are uniform in color (White on Forest Green). Recommended use of up to (4) lines of information per banner.

TIMETABLE: Displayed April - October 2009
Deadline for Sponsorship: March 2009
INVESTMENT: \$300.00 first year, \$200 Subsequent years
CONTACT: Dennis DiPinto at 775-7310 or
ddipinto@brookfield.org

Concerts In The Park Series

We are planning 8 - 10 outdoor concerts for the Summer of 2009. Concerts will feature a variety of musical styles. All concerts are free of charge to the public.

TIMETABLE: The concerts are held on Friday evenings, 6:30 - 8:00 p.m. at the Bandstand on the grounds of the Brookfield Municipal Center for 8-10 weeks, June - August 2009.
Deadline for Sponsorship: June 1, 2009
INVESTMENT: Special Friend (\$1 - \$299)
Co-Sponsor (\$300 - \$599)
Sole-Sponsor (\$600 - \$800)
Title Sponsor (\$3,000)

CONTACT: Dennis DiPinto at 775-7310 or
ddipinto@brookfield.org

Youth Sport Contacts and Information

Brookfield Baseball & Softball Association (BBSA)

www.leaguelineup.com/Brookfield

Fern Smenyak, President smenyak@aol.com

Steve Harding, FALL Baseball & Softball 740-1979

Field Cancellation Hotline 775-5238

Brookfield Lacrosse

<http://leagueathletics.com/?org=Brookfieldlax.org>

Kevin Madden, President 775-4434

Field Cancellation Hotline 775-5240

Brookfield Soccer

www.brookfieldsoccer.org

Registration Hotline 775-7336

Field Cancellation Hotline 775-5239

Brookfield for Youth Football

www.bfyf.net

Bob Drysdale 775-3569

Field Cancellation Hotline 775-5241

Frequently Requested Phone Numbers

Brookfield Education Foundation (BEF)	Carol Does	775-8965
	www.brookfieldeducationfoundation.org	
Boy Scouts	Ray Pflomm	775-8167
State of CT DEP	Division of Boating	(860) 434-8638
Conservation Commission	Alice Dew	740-2419
Garden Club	Betty Ziegler	775-2279
Girl Scouts Daisy (K/1)	Lynn Ecsedy	775-0817
Brownie (Gr. 2 & 3)	Jennifer Evers	jeverson@sbcbglobal.net
Junior (Grades 4-5)	Laura Hancock	775-8543
Cadette/SR (Gr 6-12)	Elaine Gregory	482-9381
Adult Leadership	Julie Blick	740-9015
Lion's Club	Robert Rascona	775-1225
MOMS Club® of Brookfield West	Megan H. Deirdra W.	740-2367 775-4069
Newcomers P.O. Box 263	Rachel Scott	740-0908
	Elena Goletz	740-7271
Rotary Club	Russ Cornelius	775-8010
Senior Center	Ellen Melville	775-5308
	Gail Pellis	
Youth Employment	Nina Parks & Rec.	775-7310

Community Connection



The BEF, a local funding source for educational projects that benefit Brookfield residents of all ages, is happy to assist in the

creation of the Still River Greenway. The BEF will fund more than \$20K towards the development and implementation of signage for this environmental, multi-functional educational trail. Please help us make this project a reality by considering a tax-deductible contribution earmarked for the Greenway. You may visit us at www.brookfieldeducationfoundation.org or send your donation, made payable to the Brookfield Education Foundation, to: Brookfield Education Foundation, PO Box 5047, Brookfield, CT, 06804

Community Connection

FRIENDS OF THE BROOKFIELD LIBRARY ANNUAL FALL BOOK SALE - October 2 – 6

at the Brookfield Library
182 Whisconier Road

THOUSANDS of Books for adults, children, and teens

Fiction and Nonfiction

Videos, DVDs, & books on tape & CD

Music CDs & records

All donated, 80% Hardcover, Sorted

Hardcover \$2, Large Softcover \$1, Soft Cover \$.50

Preview - Thursday 10am to 5pm

\$15 admission today for best choice

Free Admission - Friday 10am to 5pm

Saturday 10am to 5pm

Sunday 11am to 3pm

Monday 11am to 3pm

ST. JOSEPH'S PARISH CARNIVAL

St. Joseph's Parish in Brookfield will be holding its third annual Carnival on Friday, Sept. 26th from 6-10 PM, Saturday, Sept. 27th from 1-10 PM, and Sunday, Sept. 28th from 1-5 PM on the parish grounds. The Carnival is open to the entire community! With fantastic rides, great food, fried dough, games, and more, it is sure to be a fun time for the entire family. Wrist bands will be available for rides. Bring the kids to our special Children's Area, where there are great games for the younger set. Make a donation and take a ride 50 feet up in the air in the Re-Maxx hot air balloon, appearing on Friday evening from 5-7 PM (this special event will be open early on Friday night!). Enjoy live jazz provided by the Randi/Erickson Project from 3-5 PM on Saturday in the dining tent. Right after, the Route 7 Music Trio will be showcasing their own live jazz show from 5-7 PM, also in the dining tent. Parking for the Carnival will be available across the street at Center School and at the Historical Society. A free van shuttle will be operating continuously between Newbury Congregational Church and the Carnival. St. Joe's is located at the intersection of Routes 133 & 25. For further information, visit our website at www.sjsbrookfield.org and click on the carnival sign. Hope to see you there!

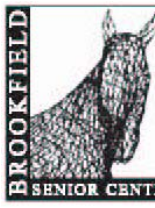
Second Annual Gingerbread House Contest



The Brookfield Arts Commission invites the community to participate in the Second Annual Gingerbread House Contest. Everyone, every family and any group in town is invited to participate. The contest is strictly for entertainment purposes and all entries must be "G" rated. Important Dates: Entries will be accepted at Town Hall Monday, December 1 through Saturday, December 6. when judging take place. Again, our professional team of judges will award certificates in a variety of categories and all participants will receive a certificate of recognition. The entries will then remain on display through the month. Look for more details in the Brookfield Journal in October and in the meantime, call Mary Daniel, Chairman of the Brookfield Arts Commission @740-9290, for more information.

HOLIDAY TREE LIGHTING

Ring in the Holiday Season with the Brookfield Girl Scouts at their 3rd Annual Holiday Tree Lighting on Saturday, December 6, 2008 at the Brookfield Town Hall. The festivities begin at 5:00 p.m. sharp and include caroling, refreshments and pictures with Santa. Rain/snow date is Sunday, December 7.



Brookfield Senior Center

**"...a place where things
are happening!"**

*The Brookfield Senior Center seeks to improve the quality of life for Brookfield senior citizens through social, educational, physical, creative and intergenerational programs. The Senior Center is open for membership for all senior residents. There is no fee for membership to the Center. **Come and Join In On The Fun!***

Come and Exercise: Yoga (Monday and Wednesday at 3:00p.m.); Chair Yoga (Wednesday at 1:30p.m.); Low Impact Aerobics (Tuesday and Thursday at 9:30a.m.); Yo Chi (Wednesday at 9:30a.m.); and Virtual Bowling (Monday at 12:45p.m. and Tuesdays at 10:45a.m.).

Learn New Skills: Ceramics, art-sketch and paint classes, knit, crafts, crochet, lessons for piano, learn the computer, play bridge, Book Discussion Group, Garden Club and many more!

Come for lunch: Full meals served at noon for only \$2.50 every Tuesday-Thursday. Reserve 24 hours in advance by calling 775-5309 or signing up at the center.

Travel With us: Take a trip to local events, restaurants, theater, and casinos.

Take Charge of your Health: blood pressure screening, flu shots, nutrition talks, and a wide variety of professional speakers.

Improve your social life: Meet friendly new people. HAVE FUN! You'll never sit home alone again.

Sweethart Bus transportation is available for those who do not drive. Call the Center for information concerning the Sweethart bus.

Call Brookfield Senior Center (203-775-5308) to find out more information about our programs or drop by to visit us anytime at 555B Federal Road!

Brookfield Senior Center

Improve Your Mind & Body

Exercise and physical fitness have been shown to slow down age-related brain cell death in older adults. If you haven't taken an exercise class at the Center, commit to taking one now! Before starting any exercise program please check with your doctor.

Low Impact Aerobics - Claudia and Juli come to us with many years experience for Low-Impact Aerobics and Strength Training every Tuesday and Thursday at 9:30a.m. This class is a great cardio vascular exercise for all levels from beginners to advanced. While exercising at our temporary location please use good judgment when choosing appropriate footwear.

Yoga - Stina teaches our Yoga classes on Monday and Wednesday at 3p.m. These focus on stretching, strength, breathing and listening to your body. This class is appropriate for all levels. Bring your mat and join us - once you come to one of Stina's classes you will be hooked on Yoga forever!

Chair Yoga - Stina has developed this class for those who find it difficult to exercise on the floor. This is a great class for those who have hip or knee limitations. It is held on Wednesday at 1:45.

YoChi - Claudia is with the YoChi class every Wednesday morning at 9:30a.m. This class combines Yoga and Tai Chi focusing on balance, circulation and strengthening the back and legs. All levels are welcome for this wonderful and gentle program.

All classes are a \$3 drop in fee.

All participants assume the risk for any activity at the Brookfield Senior Center and at all times keep the Brookfield Senior Center and the Town of Brookfield free from any and all liability for any injury that is sustained as a result of said participation.

How to Register



By mail, include your name, address, phone number and the course that you are registering for, along with your check or credit card information. Enclose a self-addressed stamped envelope if you would like a receipt. You may mail in your registration for fall programs at any time.



By phone when paying by VISA, Master Card, or American Express. Call 775-7310 and press 3 to speak with a staff person. Registration by phone for all fall programs begins Monday, September 15.



In person at the Brookfield Municipal Center, 100 Pocono Road. The Parks & Recreation Office is open Monday through Friday, 8:30 a.m.-4:30 p.m. When you enter the Town Hall, make a right, and we are the last office on the left. You may register in person for fall programs anytime during office hours.

REGISTRATIONS

1) Will be accepted in person, by mail, or over the phone on a first come, first served basis. Full payment must accompany registration. 2) If you would like a receipt from a mail-in registration, enclose a self-addressed, stamped envelope. 3) A \$15.00 charge will be assessed on any returned checks. 4)

Non-Brookfield residents will be accommodated beginning 2 weeks prior to the start of a program with payment of a \$5.00 surcharge.

REFUND POLICY

1) Registrations may be canceled up to one week prior to a program's starting date. 2) No refunds will be given once a program has begun, unless a substitute can be found by this department, or unless there is a medical emergency. 3) Absolutely no refunds will be given for any used portion of a program. 4) All refunds are subject to a 10% administrative surcharge.

PROGRAM CANCELLATION POLICY

1) Parks & Recreation reserves the right to cancel any program due to lack of participation 2) Approximately one week prior to the start date for each program, a definite decision will be made to cancel or run the program.

CLASS INFORMATION

The Brookfield Parks & Recreation Department follows the school schedule for many of our classes. Please check with the Office if you are unsure whether or not a class will meet.

In the event of inclement weather cancellations or early release from school, evening classes will also be canceled.